

Zucchini And Tomatoes

Makes: 4 servings

Ingredients

2 tablespoons butter (or margarine)

1/4 cup onion (chopped)

1 garlic clove (chopped)

1 pound zucchini (chopped)

2 tomatoes (peeled and diced, or a 16 ounce can of diced tomatoes, drained)

1/4 teaspoon salt

black pepper (to taste)

1 teaspoon sugar

Directions

1. Melt butter in a saucepan over medium heat.
2. Add onion and garlic.
3. Cook until tender, about 5 to 7 minutes.
4. Add zucchini, tomatoes and seasonings.
5. Cover pan, reduce heat, cook until vegetables are tender, about 20 minutes.


Source: University of Wyoming, Cooperative Extension, Cent\$ible Nutrition Cook Book, p.fv-40

Nutrition Information

Nutrients	Amount
Calories	90
Total Fat	6 g
Saturated Fat	4 g
Cholesterol	0 mg
Sodium	211 mg
Total Carbohydrate	8 g
Dietary Fiber	2 g
Total Sugars	6 g
Added Sugars included	1 g
Protein	2 g
Vitamin D	0 IU
Calcium	27 mg
Iron	1 mg
Potassium	446 mg

N/A - data is not available

MyPlate Food Groups

 Vegetables 1 1/4 cups